

Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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Generated on: 07/11/2018 2:00:06 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/09/2018															
Lunch K-8															
	Total														
Cheese Sticks, Farm Rich	5 sticks	370	25	410	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	35.0	18.0	7.00	0.00
Pizza Sauce	1/4 cup	20	0	250	1.00	0.72	0.0	0	4.8	*N/A*	1.0	5.0	0.0	0.00	0.00
Chicken Nachos	3 oz	268	57	549	2.37	1.58	73.8	699	0.09	*0	21.1	24.75	8.98	2.42	*0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
Rice, Brown, Chicken Flavored	1/2 cup	105	2	215	1.00	0.36	10.0	*N/A*	0.6	*N/A*	3.0	20.0	1.5	0.50	*N/A*
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Sauteed Peppers & Onions	1/2 cup	32	0	4	1.81	0.29	17.6	199	46.85	4	1.05	7.46	0.14	0.05	0.00
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK, Chocolate, Fat Free	HALF PINT	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
MILK, Strawberry, Fat Free	HALF PINT	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
SOUR CRM,IMITN,CULTURED	1 oz.	59	0	29	0.00	0.11	0.9	0	0.0	2	0.68	1.88	5.53	5.04	*N/A*
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
SALSA:COMMODITY	1 OZ	10	0	122	0.40	0.64	3.4	156	1.13	*N/A*	0.43	1.98	0.06	0.01	*N/A*
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		648	*40	997	*8.48	*3.17	*340.5	*4936	*39.40	*16	31.44	92.51	19.76	*6.60	*0.00
% of Calories										*9.8%	19.4%	57.1%	27.4%	*9.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 08/10/2018																
Lunch K-8																
	Total															
	HOTDOG, WG Bun, Berks	221	25	633	1.72	2.52	63.3	304	*0.0	*3	10.43	23.27	9.81	2.66	*0.00	
	Manwich Sloppy Joe, WG Bun	356	56	442	3.24	3.49	114.1	82	0.57	*2	19.7	27.66	18.18	6.44	*0.93	
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00	
	WOWBUTTER WG Sandwich	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00	
	SALAD,CHEF: Ham & Cheese	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01	
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*	
	SALAD DRESSING,Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00	
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00	
	CREAMY COLE SLAW	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00	
	BAKED BEANS (VEGETARIAN)	181	0	297	5.76	1.77	60.0	230	1.63	*13	6.73	42.5	0.65	0.11	*0.00	
	Twister Fries	160	0	420	2.00	*N/A*	*N/A*	*N/A*	5.4	*N/A*	2.0	20.0	8.0	2.00	0.00	
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00	
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00	
	MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.01	0.00	
	MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
	KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	
	Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	Weighted Daily Average	649	*43	1164	*8.44	*4.27	*382.4	*2331	*23.67	*22	26.15	88.14	23.16	*6.35	*0.37	
	% of Calories									*13.9%	16.1%	54.3%	32.1%	*8.8%	*0.5%	
	Nutrient Guideline	600-650		1230										<10.00		

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/13/2018															
Lunch K-8	Total														
Fish Sticks	4 oz	250	45	410	1.00	1.08	*N/A*	*N/A*	6.0	*N/A*	13.0	19.0	14.0	2.00	0.00
Cornbread, Mini Loaf WG	2 oz.	180	15	90	1.00	1.00	21.0	*N/A*	*N/A*	15	3.0	29.0	6.0	0.50	0.00
Pork Rib, Honey BBQ Sandwich	1 each	405	46	760	3.90	1.28	32.0	138	1.08	*N/A*	17.6	38.0	20.5	6.50	*0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
CREAMY COLE SLAW	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
PICKLES,CUCUMBER,DILL	7 SLICE	6	0	396	0.49	0.13	27.9	61	1.13	1	0.25	1.18	0.15	0.04	0.00
ONIONS,RAW	1 TBSP	4	0	0	0.17	0.02	2.3	0	0.74	0	0.11	0.93	0.01	0.00	0.00
Waffle Fries	84 gram	160	0	360	2.00	0.72	0.0	0	4.8	*N/A*	2.0	19.0	8.0	2.00	0.00
PINTO BEANS: cooked	1/2 CUP	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
TARTAR SAUCE	2 TBSP	63	8	246	0.40	0.36	5.0	63	0.4	*N/A*	0.23	7.94	3.59	0.58	*N/A*
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		652	*52	1044	*8.84	2.98	*249.0	*1477	*21.81	*19	25.05	84.99	24.66	*6.06	*0.00
% of Calories										*12.0%	15.4%	52.2%	34.0%	*8.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/14/2018															
Lunch K-8	Total														
GROUND BEEF & MACARONI (MEX)	3/4 CUP	283	51	193	2.49	3.31	40.0	718	13.89	*N/A*	19.96	26.14	10.66	4.38	*N/A*
Bread Stick WG Garlic	1.19 oz.	90	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	*N/A*	3.0	15.0	3.0	0.00	0.00
Corn Dogs, Chicken, WG	4 oz.	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
BROCCOLI: frozen, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
APPLE-HONEY CRISP	SERVINGS	173	0	72	1.46	1.45	17.4	255	1.02	*14	1.92	28.47	6.17	1.24	*0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		649	*48	828	*9.90	5.23	*375.5	*5651	*47.81	*17	26.57	91.24	21.15	*5.28	*0.00
% of Calories										*10.8%	16.4%	56.3%	29.3%	*7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Wed - 08/15/2018															
Lunch K-8															
	Total														
Steakum/ Cheese Hoagie	4 oz	380	98	816	3.00	2.70	416.1	268	*0.0	*3	28.56	28.0	16.01	7.01	0.00
Chicken Fajita Wrap	1 each	190	59	565	1.00	1.52	111.2	0	12.29	*N/A*	17.34	15.77	6.35	1.78	0.00
Chipotle Ranch Dressing	30 grams	140	10	280	0.00	*N/A*	*N/A*	100	1.2	1	0.0	1.0	15.0	2.50	*N/A*
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
QUICK BAKED POTATOES	1/2 EACH	128	0	58	2.59	1.31	18.0	113	11.29	*N/A*	2.94	24.72	2.34	0.35	*N/A*
Sauteed Peppers & Onions	1/2 cup	32	0	4	1.81	0.29	17.6	199	46.85	4	1.05	7.46	0.14	0.05	0.00
MIXED VEGETABLES:Seasoned	.5 cups	111	0	78	4.99	0.93	28.3	5100	3.63	5	3.24	16.01	3.81	0.62	*0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		650	*91	1031	*9.02	*4.32	*581.8	*3645	*40.98	*20	35.34	82.52	20.39	*6.78	*0.00
% of Calories										*12.6%	21.7%	50.8%	28.2%	*9.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/16/2018															
Lunch K-8															
	Total														
	TURKEY W/CHEESE SANDWICH	257	42	834	5.59	2.39	258.6	155	3.66	*2	22.01	30.44	7.01	3.28	0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
	SALAD,CHEF: Ham & Cheese	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	VEGETABLE SOUP	73	0	149	2.59	1.19	45.6	2705	11.57	*2	5.18	10.94	1.17	0.31	*0.00
	Saltines, Whole Wheat, 2 pkg	45	*N/A*	80	*N/A*	0.36	*N/A*	*N/A*	*N/A*	*N/A*	1.0	8.0	1.0	*N/A*	*N/A*
	LETTUCE &TOMATO	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
	CARROT STICKS	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	MILK - Variety	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
	SALAD DRESSING,Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	KETCHUP: individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	MAYONNAISE:individual PC	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	Dressing, Ranch, School Made	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	Weighted Daily Average	616	*34	1225	*9.46	5.44	*510.6	*11650	*29.28	*22	33.27	81.76	20.10	*6.33	*0.00
	% of Calories									*14.0%	21.6%	53.1%	29.4%	*9.3%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/17/2018															
Lunch K-8	Total														
Popcorn Chicken	10 each	269	60	590	3.00	2.00	17.0	168	1.0	*N/A*	18.0	20.0	13.0	3.00	0.00
MEAT LOAF	3/4" SLICE	195	67	122	1.29	2.23	47.0	154	2.9	*N/A*	17.04	8.0	10.29	4.22	*N/A*
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
Mashed Potatoes	1/2 cup	80	0	113	1.00	0.36	22.8	0	30.0	1	2.0	6.0	1.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
BBQ Sauce	1 oz.	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Sweet & Sour Sauce	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		649	*62	1075	*9.29	4.86	*323.6	*4816	*46.63	*19	29.54	86.62	18.52	*4.01	*0.00
% of Calories										*11.9%	18.2%	53.3%	25.7%	*5.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 08/20/2018																
Lunch K-8																
	Total															
	The Max Cheese Pizza	4.67 oz.	270	10	800	4.00	5.40	250.0	500	*N/A*	5	15.0	32.0	10.0	0.00	0.00
	The Max Pepperoni Pizza	4.67 oz.	270	15	860	4.00	2.70	250.0	500	*N/A*	*N/A*	16.0	32.0	10.0	3.50	*N/A*
	The Max Sausage Pizza	4.74 oz.	280	15	760	5.00	*N/A*	150.0	*N/A*	*N/A*	3	15.0	32.0	10.0	3.00	*N/A*
	Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
	SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	BROCCOLI: frozen, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
	GREAT NORTHERN BEANS, CANNED	1/2 cup	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
	FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	MILK, Chocolate, Fat Free	HALF PINT	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Weighted Daily Average		600	*17	1229	*13.27	*5.49	*550.0	*6589	*52.06	*18	31.08	89.21	15.66	*3.27	*0.00
	% of Calories										*11.7%	20.7%	59.5%	23.5%	*4.9%	*0.0%
	Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/21/2018															
Lunch K-8															
	Total														
Sausage Patty, Advance Pierre	2 patties	140	50	520	0.00	0.72	40.0	0	0.0	*N/A*	14.0	0.0	10.0	3.00	0.00
Gravy, Country White, Peppered	1/2 cup	70	0	280	0.00	0.00	0.0	0	0.0	2	0.0	10.0	4.0	2.00	0.00
CHICKEN AND NOODLES	1 CUP	244	75	186	0.80	1.89	63.0	128	0.9	*N/A*	21.89	21.31	7.52	1.87	*N/A*
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Rolls, WG, Yeast, 2 oz.	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
PEAS, GREEN, LOW-SODIUM, C ANNE	1/2 cup	59	0	140	3.50	0.81	17.0	453	8.2	*N/A*	3.76	10.69	0.3	0.05	0.00
Diced Red Oven Roasted Potatoo	3 oz.	94	*N/A*	311	1.88	0.68	*N/A*	*N/A*	2.26	*N/A*	1.88	17.88	1.41	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK, Chocolate, Fat Free	HALF PINT	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		648	*69	1162	*8.90	4.51	*316.5	*3497	*24.79	*19	32.76	93.73	16.80	*3.69	*0.00
% of Calories										*11.8%	20.2%	57.9%	23.3%	*5.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/22/2018															
Lunch K-8	Total														
Italian Dunkers	4 oz.	125	28	275	1.59	1.92	25.6	843	18.7	*1	9.33	8.58	6.34	2.37	*0.35
7" WG Cheese Filled Breadstick	80 Grams	210	15	270	2.00	1.44	150.0	*N/A*	*N/A*	2	12.0	25.0	6.0	3.00	*N/A*
JALAPENO VEGETABLE WRAP	SERVINGS	384	*40	1254	6.32	2.27	395.0	2738	19.1	*4	21.62	39.26	*16.62	*8.52	*0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
Sweet Glazed Carrots	1/2 cup	96	0	83	2.43	1.12	49.6	18027	4.41	*12	1.05	20.57	1.53	0.29	*0.23
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		638	*42	1008	*9.75	5.65	*491.9	*16969	*45.67	*23	30.43	86.14	*20.51	*6.82	*0.39
% of Calories										*14.7%	19.1%	54.0%	*29.0%	*9.6%	*0.5%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 08/23/2018																
Lunch K-8																
	Total															
	Chicken Breast Filet on Bun	371	65	792	4.00	3.61	140.1	100	0.0	4	27.07	41.05	10.53	2.00	0.00	
	HAM,SLICED,EX LN	69	28	885	0.00	0.40	3.5	0	0.0	0	11.69	0.38	2.35	0.46	0.01	
	HAMBURGER BUN, WG, Flowers	150	0	300	3.00	1.80	100.0	0	0.0	2	6.0	26.0	2.5	0.50	0.00	
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00	
	WOWBUTTER WG Sandwich	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00	
	SALAD,CHEF: Ham & Cheese	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01	
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*	
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00	
	LETTUCE &TOMATO	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00	
	Vegetable Chili Boat	113	5	574	4.95	1.70	105.3	966	13.85	*1	6.22	14.56	3.84	1.39	*0.00	
	Sweet Potato Crinkle Cut Fries	96	0	88	2.21	0.27	1.5	44	5.89	*N/A*	0.74	14.0	3.68	0.74	0.00	
	Cinnamon Sugar	15	0	0	0.15	0.03	2.9	1	0.01	4	0.01	3.97	0.0	0.00	*0.00	
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00	
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00	
	Milk, Chocolate, Fat Free	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00	
	Milk, Strawberry, Fat Free	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00	
	Milk, Vanilla, Fat Free	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00	
	MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
	MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Weighted Daily Average	628	*61	1230	*9.62	5.18	*393.0	*3771	*27.04	*19	34.51	85.41	17.39	*3.76	*0.00	
	% of Calories									*12.3%	22.0%	54.4%	24.9%	*5.4%	*0.0%	
	Nutrient Guideline	600-650		1230										<10.00		

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/24/2018															
Lunch K-8															
	Total														
LASAGNA WITH GROUND BEEF	SERVINGS	269	34	406	2.29	2.64	304.0	910	16.3	*N/A*	19.87	28.34	8.69	4.69	*N/A*
Bread Stick WG Garlic	1.19 oz.	90	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	*N/A*	3.0	15.0	3.0	0.00	0.00
Chicken Fajita Wrap	1 each	190	59	565	1.00	1.52	111.2	0	12.29	*N/A*	17.34	15.77	6.35	1.78	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
Cheesy Potatoes	1/2 cup	174	*9	156	0.88	0.70	120.4	230	5.13	*3	5.76	13.95	10.96	7.05	*0.08
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
SALSA:COMMODITY	2 OZ	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		676	*54	1037	*7.88	4.98	*551.9	*6390	*47.00	*19	33.76	88.31	23.72	*9.45	*0.06
% of Calories										*11.4%	20.0%	52.2%	31.6%	*12.6%	*0.1%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/27/2018															
Lunch K-8	Total														
BEEF STEAK, ALL MEAT, FLAME BR	2.40 oz.	156	48	120	0.00	1.30	*N/A*	*N/A*	*N/A*	*N/A*	12.0	0.0	12.0	4.80	0.60
HAMBURGER BUN, WG, Flowers	2 oz.	150	0	300	3.00	1.80	100.0	0	0.0	2	6.0	26.0	2.5	0.50	0.00
Pasta Primavera	1 1/2 CUP	291	57	740	2.78	1.59	464.1	681	35.8	*5	28.42	25.74	9.24	5.23	*0.00
Bread Stick WG Garlic	1.19 oz.	90	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	*N/A*	3.0	15.0	3.0	0.00	0.00
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
LETTUCE & TOMATO	2 lf,2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
TURNIP GREENS: boiled	1/2 CUP	14	0	191	2.52	0.58	98.6	5490	19.73	0	0.82	3.14	0.17	0.04	0.00
Potato Wedges FF RS	1/2 cup	84	0	100	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	2.0	19.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
Weighted Daily Average		630	*51	1014	*9.15	*4.25	*498.8	*6627	*41.41	*20	31.49	84.29	20.51	*6.15	*0.34
% of Calories										*12.6%	20.0%	53.5%	29.3%	*8.8%	*0.5%
Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Page 14

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/28/2018															
Lunch K-8															
	Total														
	Corn Dogs, Chicken, WG	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
	BBQ (school made) on WG Bun	452	72	742	3.51	3.01	117.7	341	5.8	*2	23.67	41.97	21.14	6.94	*0.00
	Toasted Cheese WG Sand/K-12	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
	SALAD,CHEF: Ham & Cheese	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	Saltines, Whole Wheat, 8 pkg	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD,TOSSSED: no dressing	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	CREAMY COLE SLAW	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
	Hashbrown Cubes	90	0	220	2.00	0.72	0.0	0	3.6	0	2.0	15.0	2.5	1.00	0.00
	BAKED BEANS (VEGETARIAN)	181	0	297	5.76	1.77	60.0	230	1.63	*13	6.73	42.5	0.65	0.11	*0.00
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	Milk, Chocolate, Fat Free	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	MUSTARD: individual PC	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	KETCHUP: individual	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	BBQ Sauce	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
	SALAD DRESSING,Assorted	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Weighted Daily Average	644	*55	1048	*11.22	4.24	*366.5	*3632	*28.73	*22	25.03	99.53	17.45	*5.12	*0.00
	% of Calories									*13.6%	15.5%	61.8%	24.4%	*7.1%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Wed - 08/29/2018																
Lunch K-8																
	Total															
	SPAGHETTI AND MEAT SAUCE	1 CUP	322	126	312	2.98	3.94	42.2	6	5.36	*N/A*	21.23	34.22	10.71	4.39	*N/A*
	Bread Stick WG Garlic	1.19 oz.	90	0	95	1.00	0.72	*N/A*	*N/A*	*N/A*	3.0	15.0	3.0	0.00	0.00	
	Turkey & Cheese WG Wrap	4.34	243	50	641	1.34	*0.48	261.2	*296	*2.58	*3	19.11	15.43	11.6	9.64	0.00
	Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
	SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	Cucumber/Tomato Slices	1/2 cup	12	0	3	0.67	0.19	8.7	402	6.89	2	0.57	2.69	0.12	0.02	0.00
	CORN, SEASONED, canned	1/2 CUP	76	0	153	1.60	0.71	4.4	117	7.01	*N/A*	2.16	15.26	1.97	0.41	*0.00
	FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	CHEESE,PARMESAN,GRATED	1 TBSP	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.05
	SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Dressing, Ranch, School Made	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
	Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
	Weighted Daily Average		649	*107	828	*8.24	*5.65	*344.6	*4747	*33.99	*15	32.59	90.14	*20.02	*6.42	*0.02
	% of Calories										*9.2%	20.1%	55.5%	*27.7%	*8.9%	*0.0%
	Nutrient Guideline		600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/30/2018															
Lunch K-8															
	Total														
	10 each	269	60	590	3.00	2.00	17.0	168	1.0	*N/A*	18.0	20.0	13.0	3.00	0.00
	2 oz.	160	5	220	3.00	1.80	0.0	0	0.0	5	5.0	30.0	2.0	0.00	0.00
	1 each	330	50	490	5.00	2.52	120.0	0	0.0	3	20.0	42.0	9.5	1.50	0.00
	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
	1/2 cup	129	0	152	2.28	0.55	*N/A*	*N/A*	*N/A*	*N/A*	2.28	19.0	4.56	0.00	0.00
	1/2 CUP	81	11	141	1.91	0.35	30.2	1464	24.95	*4	0.97	6.8	5.73	0.59	*0.00
	1/2 cup	152	0	36	1.42	0.26	9.8	114	17.2	*16	1.32	23.03	6.69	5.80	*0.00
	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	1 oz.	40	0	230	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.0	0.0	0.00	0.00
	1 oz.	50	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	0.00	0.00
	2 TBS	56	0	128	0.00	0.00	19.2	32	0.08	*1	0.65	1.83	4.98	0.69	*0.00
	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
	Weighted Daily Average	652	*62	1076	*7.81	4.01	*260.0	*2110	*14.18	*16	28.65	85.93	21.94	*5.09	*0.00
	% of Calories									*9.7%	17.6%	52.7%	30.3%	*7.0%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/31/2018															
Lunch K-8															
	Total														
Ham & Cheese Hoagie	4 oz.	305	42	837	3.00	0.38	297.7	268	0.0	*0	17.34	29.19	13.18	5.73	0.01
Arroz con Pollo	1 each	317	89	1035	0.60	*1.47	145.3	467	*16.25	*0	23.87	27.63	13.18	4.98	*0.28
Toasted Cheese WG Sand/K-12	1 each	310	*40	960	2.00	3.84	272.0	*116	0.0	*0	24.0	27.0	14.0	*7.50	*0.00
WOWBUTTER WG Sandwich	1 each	540	*0	740	6.00	5.76	80.0	*0	0.0	*N/A*	22.0	42.0	32.0	*6.00	*0.00
SALAD,CHEF: Ham & Cheese	1 EACH	134	32	591	1.47	0.87	284.1	4710	17.96	*2	15.33	4.44	6.27	3.55	0.01
Saltines, Whole Wheat, 8 pkg	16 count	180	*N/A*	320	*N/A*	1.44	*N/A*	*N/A*	*N/A*	*N/A*	4.0	32.0	4.0	*N/A*	*N/A*
SALAD,TOSSSED: no dressing	1 CUP	23	0	22	2.10	0.88	35.6	7238	19.47	2	1.49	4.63	0.27	0.04	0.00
LETTUCE &TOMATO	2 lf,2 slc	12	0	10	0.85	0.36	14.4	2466	8.13	1	0.74	2.38	0.12	0.02	0.00
Honey Roasted Sweet Potatoes	1/2 cup	155	0	84	3.46	0.76	36.1	16169	2.8	*16	1.85	34.08	1.87	0.34	*0.00
Green Beans, Seasoned	1/2 cup	34	0	140	1.30	0.61	18.5	396	3.21	*N/A*	0.8	3.05	2.36	0.45	*0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Fruit Cup, Assorted	1/2 cup	69	0	5	1.46	0.41	8.8	186	3.9	*12	0.43	18.08	0.08	0.01	0.00
MILK, Chocolate, Fat Free	HALF PINT	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
SALAD DRESSING,Assorted	2 TBSP	54	0	133	0.00	0.00	18.0	31	0.1	*1	0.61	2.08	4.68	0.65	*0.00
Weighted Daily Average		617	*67	1230	*7.74	*3.22	*471.7	*12554	*33.98	*22	29.92	84.16	19.86	*6.26	*0.15
% of Calories										*14.4%	19.4%	54.6%	29.0%	*9.1%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		641	*56	1072	*9.24	*4.56	*412.3	*5964	*35.20	*19	30.44	87.92	*20.09	*5.73	*0.08
										*27.3%	19.0%	54.9%	*28.2%	*8.0%	*0.1%

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Patrick County Public Schools

Aug 9, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	641		600 - 650	100%													
Cholesterol (mg)	56				Missing												
Sodium (mg)	1072		1230														
Fiber (g)	9.24				Missing												
Iron (mg)	4.56				Missing												
Calcium (mg)	412.3				Missing												
Vitamin A (IU)	5964				Missing												
Sugars (g)	19	12.12%			Missing												
Vitamin C (mg)	35.20				Missing												
Protein (g)	30.44	19.00%															
Carbohydrate (g)	87.92	54.87%															
Total Fat (g)	20.09	28.21%			Missing												
Saturated Fat (g)	5.73	8.05%		<10.00%	Missing												
Trans Fat ¹ (g)	0.08	0.11%			Missing												

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